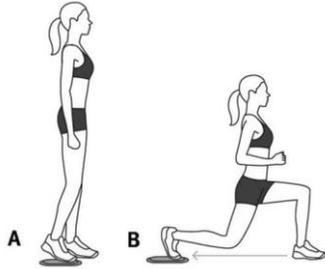
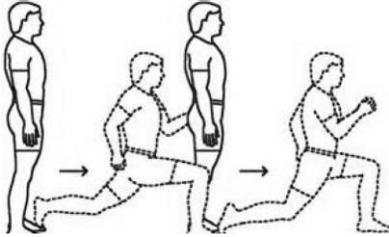
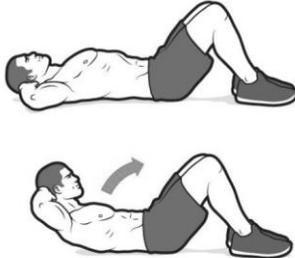
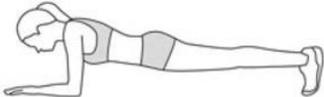
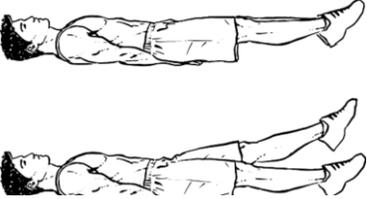
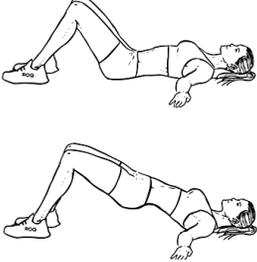
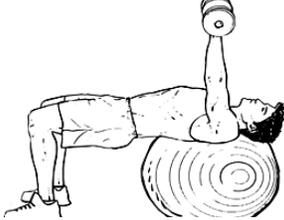
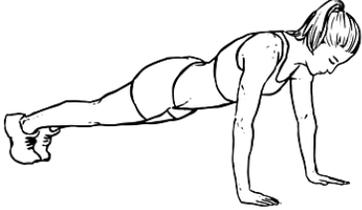


Spell Your Name Workout!

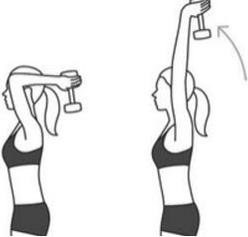
Spell out your name with the corresponding exercise that matches the letters in your name!

Letter	Exercise	Picture
A	20 Reverse Lunges	
B	20 Walking Lunges	
C	20 Crunches	
D	10 Downward Facing Dog – Hold for 10 Seconds	
E	1 Min Elbow Plank	

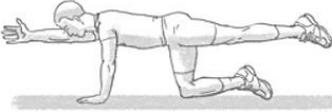
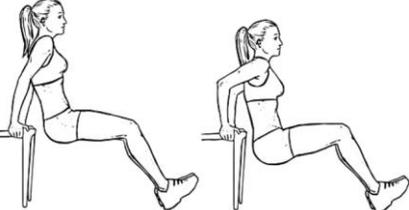
Spell Your Name Workout!

F	30 Flutter Kicks	
G	30 Glute Bridges	
H	20 Dumbbell Chest Press on Ball	
I	1 Min Plank	
J	50 Jumping Jacks	

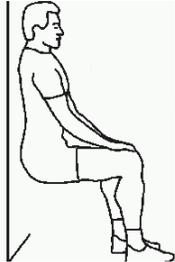
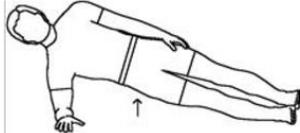
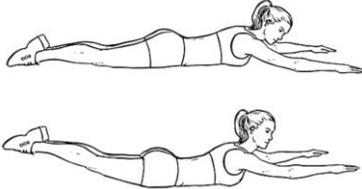
Spell Your Name Workout!

K	30 Squats	
L	20 Reverse Crunches	
M	30 Mountain Climbers	
N	20 Bicep Curls	
O	20 Overhead Tricep Extensions	

Spell Your Name Workout!

P	15 Push Ups	
Q	15 Bird Dogs	
R	20 Reverse Crunches	
S	30 Squats	
T	20 Tricep Dips	

Spell Your Name Workout!

<p>U</p>	<p>20 Hammer Curls</p>	
<p>V</p>	<p>20 Calf Raises</p>	
<p>W</p>	<p>1 Min Wall Sit</p>	
<p>X</p>	<p>1 Min Side Bridge</p>	
<p>Y</p>	<p>10 Superman Lifts</p>	
<p>Z</p>	<p>Run in Place 3 x 30 Seconds</p>	